

SUNDAY ANNOUNCEMENTS, January 4

1. HAPPY BIRTHDAY TO ALL THE JANUARY BORN PEEPS

- Raise your hand if you have a birthday in January and let's sing the happy birthday song!

2. WINTER RESET WITH JESSICA STARR – STARTS THIS THURSDAY

- Step into winter's gentler rhythm with Jessica Starr's four-Thursdays weekly Winter Reset, running January 8–29 from 6–7pm.
- As nature settles into stillness and energy conservation, this series offers your body and mind the rest, nourishment, and regulation they need during the winter season.
- Each evening blends nervous system education, calming breath and movement practices, and gentle, evidence-based Qigong to support deep restoration.
- Use the QR Code to register or go to UnityChapelHill.org

3. FULL MOON FIRE AND DRUM CIRCLE – THIS FRIDAY, JAN 9TH AT 6PM

- Welcome the New Year by finding your rhythm as we gather around a cozy fire (or indoors, if needed) to drum, connect, and move together.
- We'll honor our ancestral tradition of sharing music and companionship, with community drums and percussion provided—just bring your own drum if you have one, plus a chair or blanket and warm layers to stay comfortable.

4. VISION BOARD WORKSHOP WITH REV. VICTORIA

- Rev. Victoria brings her intentions to life using an Intention Mandala, a vision board enhanced with sacred geometry.
- On Saturday, January 17th, FROM 12:30-5:00, she'll lead a Vision Board Workshop that includes guided visioning, creating your own visual prayer, and learning a technique to supercharge your intentions.
- Use the QR Code to register now! Or go to UnityChapelHill.org

5. TABLE – THANK YOU!

- As our holiday outreach with TABLE comes to a close, we extend a heartfelt thank-you to everyone who donated to the food drive. Your generosity made a real difference, and we're so grateful for your support.

6. WE'VE GOT YOUR BACK JANUARY POINT PERSON – DOLORAS BRANCH

- The WGYB team offers care and compassion to our spiritual community during times of illness or crisis through meals, rides, and friendly visits.
- January's point person is Doloras Branch

7. DEEPER DIVE

- Today's Deeper Dive Discussion is led by **TIM WALKER** in Room 103 today. This is an opportunity to gather to share takeaways from today's talk. Bring your coffee and snacks and join us for a deeper dive into today's Sunday message starting at 12:30.

8. SACRED CAFÉ

- Join us right after the service for coffee, light snacks and fellowship at our Sacred Cafe on the BACK DECK (if not too cold)!

9. **3-MINUTE MIRACLE** - If you need prayer support for any concern our Prayer Partner (**REV PAT WEBSTER**) will be happy to pray with you after the service, in Room 102 (Ministry Office, down the hallway last door on the left). **ONLINE viewers** can email prayer@unitychapelhill.org for a prayer request and our Prayer Partner will call you back and pray with you over the phone. **Please include your phone# in your email.**